

DeVille

Apartment & Builders Inc.



March 2019

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Lifestyle

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March Is Women's History Month

Do you ever wonder why different months are given certain designations? Here are a few great reasons why March has been chosen as National Women's History Month: • Edith Nourse Rogers, born March 19, 1881, was the first woman to have her name attached to major legislation, creating the Women's Auxiliary Corps. • The anniversary of the first Women's Collegiate Basketball Game is March 22, 1893. • Susan B. Anthony, who was arrested and fined for the outrageous act of voting, died March 3, 1906. • Sandra Day O'Connor, born March 26, 1930, was the first woman appointed to the Supreme Court. • The Equal Rights Amendment passed March 22, 1972, prohibiting discrimination on the basis of sex. • "Cagney & Lacey," the first female television crime show, premiered on March 25, 1982.

National Poison Prevention Week - March 18-24

More than 2 million poisonings are reported each year to the 61 Poison Control Centers across the country. About 90 percent of poisonings occur in the home. Most non-fatal poisonings occur in children younger than age six, but poisonings are one of the leading causes of death among adults.

If you think that someone has been poisoned from a medicine or household chemical, call 1-800-222-1222 for your Poison Control Center. This toll-free number works from anyplace in the United States 24-hours-a-day, 7-days-a-week. Keep the number by your phone. The centers maintain information for the doctor or the public on recommended treatment for the ingestion of household products and medicines. They are familiar with the toxicity of most substances found in the home.

Daylight Saving Time Begins

Get ready to spring forward into longer days and warmer weather. Daylight Saving Time begins at 2 am on Sunday, March 10th. Don't forget to set your clocks forward one hour before going to bed Saturday night.

The Avocado Surprise

Avocados are the velvety fruit most of us love to eat but may avoid because we think they're high in calories and might raise our blood cholesterol.

A study by The American Heart Association shows the monounsaturated fat in avocados actually helped eaters naturally lower their cholesterol.

Other studies over the last 50 years have proved the cardiovascular benefits of eating avocados, according to the University of California, Berkeley.

Looking for a Bit O' the Green?

Are your friends green with envy because you have a great place to live and they don't? Do them—and yourself—a favor this St. Patrick's Day and refer them to us! If you know someone who is looking for a great new place to call home, tell them about the great lifestyle you've discovered at DeVille Apartments! When they come in and sign a lease, **we'll show our appreciation by thanking you with a special referral bonus!** See the Office for details.

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Saturday

Closed

Sunday

Closed

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How to drink more water when you don't like drinking water

We all know we're supposed to keep hydrated and that no, red wine or coffee unfortunately do not count. But the problem for a lot of people is that they simply have trouble with plain old water.

So how can you drink more water when it bores you silly? Here are some tips to get a little more creative with it:

Invest in a water filter. You might not be totally picky, after all - your water may just taste a little funny, whether due to minerals or chlorine or any number of factors. And a filter could be all you need.

Stick a straw in it. Get a reusable straw if you'd like to avoid the plastic ones, and sip on water throughout the day.

Drink some water first thing in the morning. Your body gets dehydrated

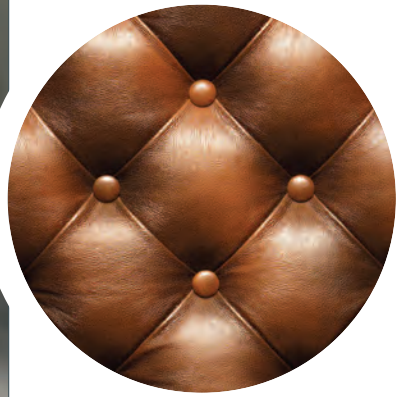
overnight, and a glass of water is a great pick-me-up. It can taste surprisingly good in the morning (you were probably thirsty anyway, and you can still go for the coffee once it brews).

Freeze some fruit and add it to your water. Cold water is refreshing, and the fruit will add a nice flavor. They even make infusion bottles if you feel like kicking it up a notch.

Try vegetables or herbs for a different flavor altogether; cucumbers or celery, basil or mint are all good choices.

Play with different types of water, like coconut water or maple water.

Get a high-tech water bottle that tracks your water intake and can even customize how much you should drink. Or download an app onto your phone to track your consumption.



How to care for leather furniture

Owning leather furniture requires regular care to maintain its beauty. Here's what to do:

- Don't place it in direct sunlight or too close to a heat source. Excess heat can dry and discolor it.
- Clean and condition twice yearly using a leather cleaner followed by a leather balm to replenish moisture.
- Dust with a soft, dry cloth and vacuum seams and crevices.
- For minor scratches, use a chamois or clean finger and gently buff. For deeper marks, apply a conditioner. Never use a pen or shoe dye.
- For minor spills, wipe up liquid immediately and use a lightly moistened cloth with lukewarm water. Let it air dry.
- For grease stains, wipe with a dry cloth. Leave them alone and they may blend into the leather.
- Do not use cleaning solvents, furniture polish, oils, varnish, abrasive cleaners, detergents, or ammonia.



Tips for greening up your spring cleaning

Have you ever thought about making an all-purpose cleaner, laundry detergent, or drain unclogger that didn't have so many harsh chemicals in it? There are plenty of options to do so that are easy, inexpensive, and -- perhaps best of all -- that actually work!

Here are some tips for household cleaners:

Vinegar, baking soda, water, and your favorite essential oil can clean almost anything around the house. And some of us never tire of the way the baking soda and the vinegar fizz up when they meet.

Tea Tree oil is considered among many to be an effective antibacterial and antifungal ingredient, and you'll find it in a host of natural cleaning products.

Try making a homemade laundry detergent with some combination of baking soda, washing soda, castile soap, and your favorite essential oil (like lavender). There are tons of variations online.



CAPTAIN MARVEL Brie Larson stars as Carol Danvers, an Air Force pilot whose DNA is fused with that of an alien during an accident. The resulting alteration gives her the superpowers of strength, energy projection, and flight. Samuel L. Jackson and Jude Law co-star.



TYLER PERRY'S A MADEA FAMILY FUNERAL Centers on a joyous family reunion that becomes a nightmare as Madea and the crew travel to backwoods Georgia, where they find themselves unexpectedly planning a funeral that might unveil unsavory family secrets.

THE BEACH BUM The film follows the hilarious misadventures of Moondog (Matthew McConaughey), a rebellious rogue who always lives life by his own rules. Co-starring Snoop Dog, Zac Efron, and Isla Fisher.

THE INFORMER Recruited by the FBI, ex-con and former special operations soldier Pete Koslow uses his covert skills to try and take down the General -- the most powerful crime boss in New York. When a sting results in the death of an undercover cop, Pete suddenly finds himself caught in the crossfire between the mob and the FBI. Forced to return to prison, Koslow must now come up with a plan to escape from the clutches of the law and the General to save himself and his family. Rosamund Pike and Clive Owen star.

THE BEST OF ENEMIES Based on a true story, the film centers on the unlikely relationship between Ann Atwater (Taraji P. Henson), an outspoken civil rights activist, and C.P. Ellis (Sam Rockwell), a local Ku Klux Klan leader who reluctantly co-chaired a community summit, battling over the desegregation of schools in Durham, North Carolina during the racially-charged summer of 1971. The incredible events that unfolded would change Durham and the lives of Atwater and Ellis forever.

GLORIA BELL Gloria (Julianne Moore) is a free-spirited divorcée who spends her days at a straight-laced office job and her nights on the dance floor, joyfully letting loose at clubs around Los Angeles. After meeting Arnold on a night out, she finds herself thrust into an unexpected new romance that is filled with the joys of budding love. She must navigate through the complications of dating.

DUMBO Holt Farrier (Colin Farrell) is a former circus star who finds his life turned upside down when he returns from the war. Circus owner Max Medici (Danny DeVito) enlists Holt to care for a newborn elephant whose oversized ears make him a laughing-stock in an already struggling circus. But when Holt's children discover that Dumbo can fly, persuasive entrepreneur V.A. Vandevere (Michael Keaton) and an aerial artist named Colette Marchant swoop in to make the peculiar pachyderm a star.

CAPTIVE STATE Set in a Chicago neighborhood nearly a decade after an occupation by an extra-terrestrial force, the film explores the lives on both sides of the conflict - the collaborators and dissidents. John Goodman and Vera Farmiga star.

FINDING STEVE MCQUEEN Travis Fimmel, Kate Bosworth, and Forest Whitaker star in the true story of the biggest bank heist in US history. In 1972, a gang of close-knit thieves attempt to steal \$30 million in illegal contributions and blackmail money from President Richard Nixon's secret fund.

WHERE'D YOU GO BERNADETTE? Based on the runaway bestseller about Bernadette Fox, a Seattle woman who had it all - a loving husband and a brilliant daughter. When she unexpectedly disappears, her family sets off on an exciting adventure to solve the mystery of where she might have gone. Cate Blanchett stars.

HOME ENTERTAINMENT RELEASES

March 5	Creed II
March 5	Instant Family
March 5	Green Book
March 5	The Favourite
March 12	Fantastic Beasts: The Crimes of Grindelwald
March 23	Aquaman
March 26	Second Act



Happy St. Patrick's Day!



March 2019

						friday	saturday
						1 Rent Due.	2 <i>Read Across America Day</i>
sunday	monday	tuesday	wednesday	thursday			
3 <i>World Wildlife Day</i>	4 <i>Marching Band Day</i>	5 <i>Unique Names Day</i>	6	7 <i>Name Tag Day</i>	8 <i>International Women's Day</i>	9 <i>Genealogy Day</i>	
10 <i>Daylight Saving Begins</i> <i>Check Your Batteries Day</i>	11 <i>Napping Day</i>	12 <i>Girl Scout Day</i>	13 <i>March is Women's History Month</i>	14 <i>Pi Day</i>	15 <i>Ides of March</i>	16 <i>Lips Appreciation Day</i>	
17 <i>St. Patrick's Day</i> <i>Don't Forget to Wear Something Green!</i>	18 <i>Forgive Mom & Dad Day</i>	19 <i>Chocolate Caramel Day</i>	20 <i>Won't You Be My Neighbor Day</i>	21 <i>Common Courtesy Day</i>	22 <i>As Young As You Feel Day</i>	23 <i>March is Credit Education Month</i>	
24	25 <i>Waffle Day</i>	26 <i>Make Up Your Own Holiday Day</i>	27 <i>World Theater Day</i>	28 <i>Something on a Stick Day</i>	29	30 <i>Take a Walk in the Park Day</i>	
31 <i>Neighbor Day</i>							